

Pumpkin mousse

For 4-6 servings:

1 kg pumpkin

1 tablespoon raw sugar (or to taste)

1/2 cup raisins soaked in rum, including the rum

1/2 cup walnuts, crushed

Wash the pumpkin, remove the seeds and cut into pieces.

Bake in oven until tender (try with a fork if is ready).

Allow to cool. Remove the peel and blend/process it together with the sugar until smooth, using a hand blender or a food processor .

Add the raisins, rum and nuts and mix.



Pumpkin puree



Pumpkin puree

Pumpkin strudel



Pumpkin strudel

For 4 large pieces:

For the dough:

500 g flour

1 cup warm water

3 tablespoons raw sugar

3 tablespoons oil

1 teaspoon vinegar

a pinch of salt

Mix all ingredients and knead for a few minutes. The dough should be elastic but soft. Put it in a bowl, cover with plastic wrap or a clean kitchen towel and let it rest, at room temperature, at least 30 minutes.

Meanwhile prepare the filling.

For the filling:

8 cups grated pumpkin
3 tablespoons raw sugar
2 tablespoons oil

Heat the oil in a large saucepan, add the grated pumpkin and sugar and fry , stirring occasionally, until the pumpkin has softened slightly (approx. 10 minutes).



Pumpkin strudel

Divide the dough into four equal parts.

Sprinkle a little flour on the work surface and roll the dough lengthwise, using a rolling pin, to a thickness of 3-4 mm.

Add 1/4 of the amount of pumpkin, close the ends and roll.



Pumpkin strudel

Grease an oven tray and put the strudels in it.



Pumpkin strudel

Brush them with a little bit soy milk for a nice color.

Bake them in the preheated oven, on medium heat (175 C) for about 30-40 minutes.

Serve warm (if they get colder the dough harden).

Note: you can also use filo dough.

Pumpkin soup



Pumpkin soup

For 4-5 servings:

1.5 kg pumpkin
1 onion
1 carrot
1 leek (white part)
1 potato
1 bay leaf
150 ml coconut milk
olive oil (optional)
salt and pepper

Clean all vegetables, peel, wash and cut them into medium size pieces. Cook them in a soup pan in enough water to cover them.

When vegetables are cooked (15-20 minutes) blend/process them with a blender/food processor. Add the coconut milk and continue cooking for another 2-3 minutes. Add salt and pepper to taste.

Garnish with a little olive oil.

Variation: The soup can be served with croutons.